



Sometimes when the ECK is working to bring positive changes and spiritual growth into our life, we don't quite understand what's happening or how it's going to turn out.

If you are afraid of something and feel as if you are frozen on the edge of a cliff, close your eyes and imagine the MAHANTA reaching out his hand. Visualize him guiding you past the steep ledge to where the path widens into a meadow. The path through the meadow represents the new circumstances the ECK is bringing into your life.

Then Wah Z says, "When you get to areas of the path that are unfamiliar to you, you can use a technique to help you adjust. Begin by singing *HU*. After a few minutes, you will feel less afraid. Then walk in a small circle once. Sing *HU* while you walk. This will get you used to this new area."

He shows you how to do it, and you copy him. Then he says, "Each time you walk around, make your circle a little wider. Soon you will be completely comfortable in the new area."

Try it. It works.

—Sri Harold Klemp,  
adapted from *The Wonder within You*